



# STRONG WOMEN

**IMPROVE MUSCLE MASS & STRENGTH—REDUCE RISK OF OSTEOPOROSIS & RELATED FRACTURES  
REDUCE THE RISK FOR DIABETES, HEART DISEASE, DEPRESSION & OBESITY— IMPROVE SELF-  
CONFIDENCE, SLEEP & VITALITY**

Weight training is based on individual needs.

Stretching and Core work out included.

Beginning weights are provided.

Please bring your mat or towel to lay on the floor.

OFFERED TO: Women 18 & Up  
DATE /TIME: Monday / Wednesdays / Fridays  
7:00AM—8:00AM (time may fluctuate)  
LOCATION: Peltier Park Rec Center  
MONTHLY FEE: \$20

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## MORNING YOGA

A yoga program for beginners! Improve your posture, muscle strength, and flexibility. Also, helps reduce stress and tension.

OFFERED TO: Women 18 & Up  
DATE /TIME: Monday / Wednesdays / Fridays  
8:00AM—9:00AM (time may fluctuate)  
LOCATION: Peltier Park Rec Center  
MONTHLY FEE: \$15



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## Come Give Us A Try!!

( Your first day of each class is on us! Give it a shot and if you like it then sign up on a monthly basis! A \$5 discount is applied if you register for both classes at the same time.)

Thibodaux Parks & Recreation Dept: (985) 446-7235

Monica Stock (Instructor): (985) 209-2699



Community First & Forward

**STRONG WOMEN - MORNING YOGA  
Participant Summary Information Sheet**

<b>LAST NAME:</b>	<b>FIRST NAME:</b>	<b>D.O.B.:</b>
<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>
<b>ADDRESS:</b>	<b>CITY:</b>	<b>ZIP:</b>
<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>
<b>PRIMARY CONTACT NUMBER:</b>	<b>SECONDARY CONTACT NUMBER:</b>	
(    )	(    )	
<b>E-MAIL ADDRESS:</b>		
<input style="width:95%;" type="text"/>		
<b>PERSON TO NOTIFY FOR EMERGENCY:</b>		
<b>NAME:</b>	<b>RELATIONSHIP:</b>	<b>CONTACT NUMBER:</b>
<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>	<input style="width:95%;" type="text"/>
<b>2024 REGISTRATION FORM</b>		
<b><u>CHECK TO WHICH APPLIES:</u></b>		
<input type="checkbox"/> <b>STRONG WOMEN \$20</b>		
<input type="checkbox"/> <b>MORNING YOGA \$15</b>		
<input type="checkbox"/> <b>BOTH CLASSES \$30</b>		

<b>FOR OFFICIAL USE ONLY:</b>						
MONTH	CASH	CK #	CREDIT	INITIAL/DATE	INCODE RECEIPT	ACTIVENET RECEIPT
JAN						
FEB						
MAR						
APR						
MAY						
JUNE						
JULY						
AUG						
SEPT						
OCT						
NOV						
DEC						

**“READ BEFORE SIGNING”**

State of Louisiana  
Parish of Lafourche

ACKNOWLEDGMENT

1. I, the undersigned, do hereby understand and acknowledge the following:
  - A. That participation in TREC Strong Women / Morning Yoga Program requires a certain degree of physical exertion, exercise and endurance, which can be strenuous and tiring;
  - B. That as a result of the physical demands of the TREC Strong Women / Morning Yoga Program, there is always the possibility of the occurrence of an accident and physical injury or the onset of injury which is gradual and which may not be immediately apparent.
2. Notwithstanding the above and in consideration of my being permitted to participate in TREC Strong Women / Morning Yoga Program, at Peltier Park Recreation Center I, the undersigned do hereby agree to assume the risk of such accident and injury, regardless of fault, as a result of engaging in said TREC Strong Women / Morning Yoga Program and to hold harmless, defend and indemnify the instructor, and/or any and all other part time or substitute instructors acting for and on behalf of the City of Thibodaux and the Thibodaux Recreation Department and their principals, agents, employees, representatives and assistants, of and from any claims that may be made or asserted by me or anyone on my behalf as a result of my engaging in TREC Strong Women / Morning Yoga Program, held at Peltier Park Recreation Center, through the Thibodaux Recreation Department, whether or not such claims are made by way of indemnity, contribution, subrogation or otherwise.
3. I further declare that I know of no physical or medical condition which would prevent my participation in TREC Strong Women / Morning Program classes or which would cause me to sustain injury or illness as a result of such participation.

PRINT NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_